
Being LGBTQIA+ and Premed

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4th year medical student
(she/her)

Agenda

- About me
- My journey
- Applying to med school as a queer applicant
 - To be or not to be out?
 - Choosing where to apply
 - Finding support and mentorship
- Q&A

About Me

Who am I?

- MS4 @ Pitt Med → OB/GYN Applicant
- Medical Student Pride Alliance, Immediate-Past Exec Director
- Nontraditional med student
- Researcher
 - Sexual and gender minority health
 - Reproductive health/advocacy
 - Public health & health disparities
 - Medical education
- Mentor & blogger



Medical Student Pride Alliance - Mission

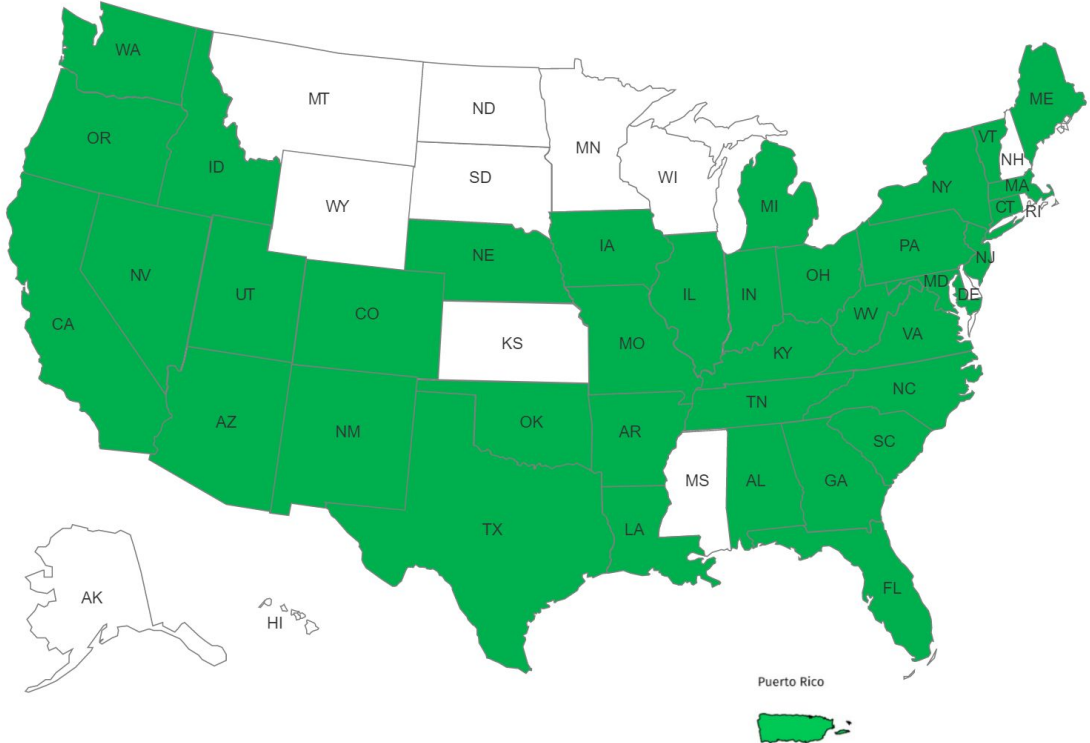
The Medical Student Pride Alliance (MSPA) is an **advocacy and social organization** committed to empowering sexual and gender minority medical students and allies, increasing the number of physicians trained in LGBTQ-inclusive healthcare, and addressing the unique needs of LGBTQ+ communities through research, advocacy, and service.

Socials: @MSPA_National
Web: www.medpride.org

Vision

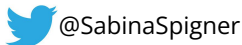
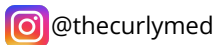
- Change the **exclusionary culture of the medical community** towards LGBTQ+-identifying people
- **Eliminate LGBTQ-discriminatory policies** and practices in US medical schools
- Address **health disparities** faced by the LGBTQ+ community

Organization History



- >105 Chapters
- >800 students
- >35 states

Map updated as of November 2022



My Premed → Med Journey

Premed Journey - Undergrad

- University of Pennsylvania C'16
- Major: Neuroscience
- Minor: Gender, Sexuality, and Women's Studies
- Premed track
- 2 work-study gigs: research lab + GSWS administrative asst.

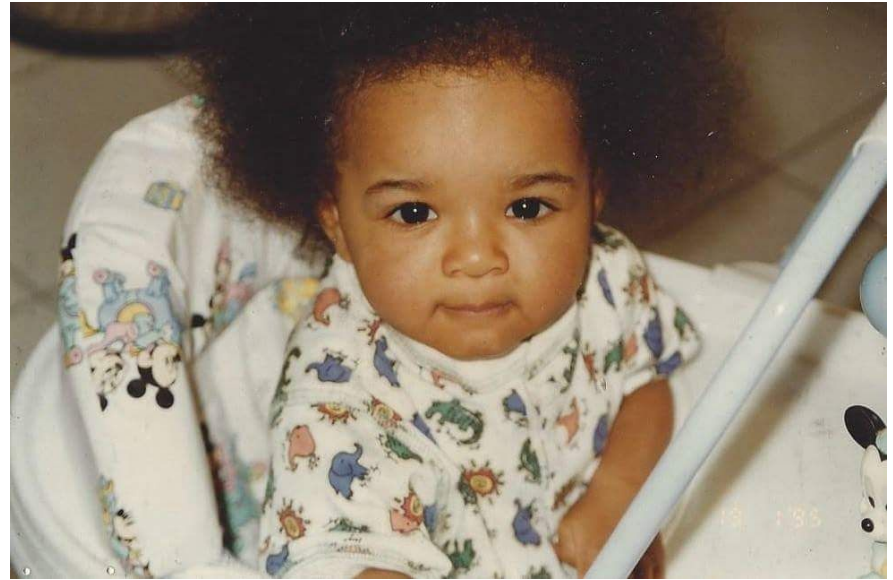
My numbers at graduation:

- Science GPA = 2.55
- Cumulative GPA = 2.95



What next?

- Premed advisor = unhelpful
- Self-researched options
 - Post-bacc vs. Masters vs. Special Masters Programs
- Is medicine still the right choice?



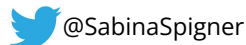
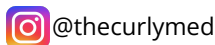
My Growth Years

1. 2016-2018
 - a. Chatham U
 - b. Master Science Bio
 - c. Grad GPA = 4.0
2. March 2018, MCAT
 - a. 509 (126/126/128/129)
3. 2018-2019
 - a. Jefferson U.
 - b. Master Public Health
 - c. Grad GPA = 4.0

- Worked ~20-30hrs/week throughout
- Volunteered at local hospitals
- Continued research

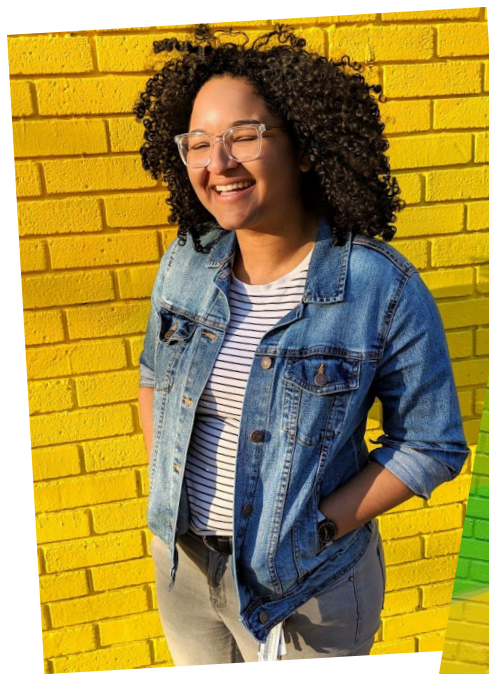


MSPA
LGBTQ+ COMMUNITY * ADVOCACY * INNOVATION



My Med School App Cycle

- # schools applied to = 33
 - 4 DO programs
- # Interview invites = 6 (all MD)
- # Waitlists = 5
 - Drexel
 - Pitt
 - Rush
 - Case Western
 - UC Davis
- # Acceptances = 3
 - Drexel (WL)
 - Pitt (WL)
 - Tufts (direct)



Options & Resources

- Growth year options
 - Postbacc = ugrad courses that **directly** boost your GPA
 - Either DIY or structured program; some linkage; usually \$\$\$; no degree
 - Masters = grad courses that are **separately** reported on med school app
 - Structured program; very \$\$\$; grad degree
 - Special Masters Program = courses at a med school usually w/ linkage to the school
 - Very very \$\$\$; usually no degree
- Resources
 - [AAMC Post Bacc database](#) = use to see post-ugrad options (both postbacc and Masters)
 - [AAMC Fee Assistance Program](#) = covers MCAT + med apps
 - [My MCAT FL review template](#) = use when studying for MCAT

Applying as a Queer Applicant

To Be or Not To Be Out?

- Personal choice!
- There is no right or wrong approach
- Reasons why I **CHOSE** to be out:
 - Core to 'my why'
 - Auto-filter med schools
 - Couldn't avoid it in my app
 - Felt right for me



Choosing Where to Apply

Does the school:

- Fit your mission?
- Meet your geographical preferences?
- Address your safety concerns?
- Provide a supportive community?
- Support your career goals?
- Walk the walk?
- Pass the vibe check?



Resources for School Lists

1. [MSPA LGBTQ+ Report Card](#)
2. [HRC Municipal Equality Index](#)
3. [HRC Healthcare Equality Index](#)
4. School Office of DEI Websites
5. Word of mouth
 - a. LGBTQ+ med students
 - b. Social media
 - c. Fellow premeds

10 2021 MSPA LGBTQ+ EQUITY REPORT CARD

	OVERALL GRADE	Non-discrimination	Same-Sex Partners	Gender-Inclusive Spaces	Transition	Health Coverage	Diversity	Admissions	Employees	Organizations	Professional Development	Sensitivity Training
Boston University School of Medicine	B-	B	B	C	B	B	B	B	B	B	B	C
California Health Sciences College of Osteopathic Medicine	B+	A	B	B	A	A	B	B	B	B	B	B
Case Western Reserve University School of Medicine	B	B	B	B	C	B	B	B	B	B	B	B
Cooper Medical School of Rowan University	C+	B	B	C	D	B	B	C	C	B	C	D
Duke University School of Medicine	B-	B	B	B	B	B	B	C	B	B	C	D
Florida State University College of Medicine	B-	B	-	C	C	C	B	B	B	B	B	C
Icahn School of Medicine at Mount Sinai	B	B	A	B	-	B	B	B	A	A	B	D
Lerner College of Medicine at the University of Vermont	B+	A	-	B	B	B	B	A	B	A	B	B
McGovern Medical School	B-	B	B	C	B	-	B	B	B	B	B	C
Medical College of Wisconsin	C+	B	B	C	C	C	B	C	C	B	C	D
Michigan State University College of Human Medicine	C+	B	B	C	D	-	C	C	B	C	B	C
NYU Grossman School of Medicine	B+	A	A	B	B	B	B	B	B	B	B	B
Oakland University William Beaumont School of Medicine	C+	B	B	D	D	C	B	B	B	B	B	C
Oregon Health and Science University School of Medicine	A-	A	A	A	B	A	A	B	A	B	B	B
Pacific Northwest University of Health Sciences College of Osteopathic Medicine	C+	B	A	C	D	D	B	C	C	B	C	C
Penn State College of Medicine	B-	A	B	C	B	B	B	A	B	A	B	C
Renaissance School of Medicine at Stony Brook University	C-	C	C	D	D	B	C	D	D	B	D	C
Stanford University School of Medicine	B	A	B	B	B	A	C	B	B	B	B	-
SUNY Upstate Medical University	B-	B	-	B	C	B	B	B	B	B	B	C
Tulane University School of Medicine	B-	B	C	C	D	C	B	C	C	B	C	D
University at Buffalo Jacobs School of Medicine and Biomedical Sciences	C+	B	C	D	C	C	B	B	B	B	D	B
University of Cincinnati College of Medicine	B-	B	-	C	C	C	B	B	B	B	B	C
University of Colorado School of Medicine	C+	B	-	C	B	C	B	C	B	C	C	C
University of Louisville School of Medicine	B+	A	B	C	B	B	A	A	B	B	B	B
University of Maryland School of Medicine	B-	B	-	C	D	B	A	B	C	B	B	B
University of Michigan Medical School	B+	B	A	C	B	A	A	B	B	A	B	B
University of Nebraska Medical Center	B-	B	B	C	C	B	B	C	B	B	C	B
College of Medicine	B	B	A	C	B	B	B	B	B	B	A	C
University of Pittsburgh School of Medicine	B	B	A	C	B	B	B	B	B	B	A	C
University of Texas Rio Grande Valley School of Medicine	C	B	-	C	D	-	C	C	D	B	D	C
University of Texas Southwestern Medical School	B	A	-	B	B	B	B	B	B	B	A	B
University of Washington School of Medicine	C	B	C	B	D	D	B	C	C	B	C	C
University of Wisconsin School of Medicine and Public Health	C	B	D	C	D	C	C	C	-	B	C	D
Warren Alpert Medical School of Brown University	B-	B	-	C	D	C	A	B	C	A	B	C
Wright State University Boonshoft School of Medicine	C+	B	B	C	D	C	B	C	B	B	C	C
Yale School of Medicine	B	B	-	B	B	A	A	C	B	B	B	D

MSPA
 PUBLIC EQUITY • INDEPENDENT • NONPROFIT
 A = Exceeds Criteria
 B = Fully Meets Criteria
 C = Partially Meets Criteria
 D = Does Not Meet Criteria
 Last updated in September 2021
 View the full report by accessing the link or QR code.
<https://www.medpride.org/2021-lgbtq-report-card>

Finding Support & Mentorship

- [MSPA Premed Membership](#)
 - Community
 - Resources
 - Mentorship
- [Northwestern LGBTQ+ Premed Page](#)
- Other mentorship orgs:
 - Prescribe It Forward
 - Black Girl White Coat
- Social media!



Questions?

Thanks!

Contact info:

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Socials:

Tweeter: [@sabina.spigner](https://twitter.com/sabina.spigner)

Insta: [@thecurlymed](https://www.instagram.com/thecurlymed)

www.medpride.org